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Creamy Avocado Smoothie

Avocado Smoothie

Prep Time 5mins

Total Time 5 mins

Serves 2 to 3

Ingredients:

- ½ cup frozen pineapple
- 2 cups packed fresh spinach, or 1 cup frozen spinach
- 1 ripe avocado
- 1 frozen banana
- ¾ cup light coconut milk, canned or from a carton
- 3 tablespoons fresh lime juice
- ½ teaspoon lime zest
- 1 teaspoon maple syrup
- Pinch sea salt
- 8 ice cubes
- 2 scoops vanilla protein powder*, optional

Instructions:

1. Combine the pineapple, spinach, avocado, banana, coconut milk, lime juice and zest, maple syrup, salt, ice, and protein powder, if using, in a blender. Blend until creamy.
2. Taste and adjust the sweetness to your liking. If you prefer a sweeter smoothie, add more maple syrup. If the consistency is too thick, add more coconut milk, and blend again.